

**CLAIMS**

1. A hoist for relocating at least building material, wherein said hoist is suspended from a crane, said hoist comprising:

- a "C" shaped frame having two arms;
- a sliding means disposed at the front end of the upper arm of said frame for sliding said frame on a floor;
- a lifting cable for connecting to a crane;
- a hooking means connected to the lower arm of said frame for suspending material tray on said frame.

2. A hoist for relocating at least building material as in claim 1, and wherein said lifting cable is used also to adjust the distance of said hook from said frame when said frame is lodged on a floor.

3. A hoist for relocating at least building material as in claim 1, and wherein said sliding means is a wheel.

4. A hoist for relocating at least building material as in claim 1, and wherein said hooking means is at least vertically relocatable with respect to said frame.

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5. A hoist for relocating at least building material as in claim 1, and wherein said hooking means is horizontally relocatable along the lower arm of said frame.

- 5 6. A method for relocating building material by a hoist suspended from a crane, wherein said hoist is "C" shaped having two substantially parallel arms interconnected by a cross element, and wherein a first of said two arms carries a load, and wherein a second arm substantially parallel to said first arm slides along  
10 a floor of a building, providing support for said hoist.